



HIGHLAND'S ANNUAL THANKSGIVING DAY

PUMPKIN PLOD

The more than 1,000 competitors who line up Thanksgiving morning will be racing for more than the coveted prize of pumpkin pies.

Most of them won't be racing alone.

The families that have made the Pumpkin Plod an annual tradition along with friends and neighbors who brave chilly temperatures to parade through the town streets have made the race as much about camaraderie as it is about physical fitness.

Misty Sturges will be there — along with 20 pacers from MWM Fitness — all decked out in matching orange and white shirts. The group will be competing in its first 10k run.

While picking out a fall run, Sturges said the Pumpkin Plod was her first, and only, choice.

"I have run in the Pumpkin Plod for years. It's a great race," she said. "It's well run and, being the first Thanksgiving Day race in the region, I love the tradition. Our runners warm-up and run as a group. It's nice for them to experience this race together." 🐾

ABOUT THE RACE

Join your friends and neighbors for this holiday tradition.

The 41st Annual race - a certified 10k course through the streets of Highland - will be chip timed by T&H Timing.

As is tradition, pumpkin pies will be awarded to top three runners in each category.

Walkers are encouraged to join in an unofficial 5k non-competitive fun walk.

WHEN: 9 a.m. **NOV. 24**

WHERE: Race begins at Kennedy Avenue and Jewett Street and finishes at Lincoln Community Center.

INFO: Call (219) 838-0114 or visit www.highlandparks.org.

RUNNER REGISTRATION

- **ADVANCE:** Register by **NOV. 21:** \$20 with shirt, \$15 without shirt
- **RACE DAY:** \$25 with shirt, \$20 without shirt

WALKER REGISTRATION

- **ADVANCE:** Register by **NOV. 21:** \$15 with shirt, \$5 without shirt
- **RACE DAY:** \$20 with shirt, \$10 without shirt

